6: Rasoul U-5 (no date) 1955 MR13 Fellahin MR13

OBD

WIENER VÖLKERKUNDLICHE MITTEILUNGEN

Herausgegeben

von der

Völkerkundlichen Arbeitsgemeinschaft

in der Anthropologischen Gesellschaft in Wien

3. JAHRGANG NR. 1

[title page]

WIEN 1955

/80/

Zar in Egypt.

Kawthar Abdel-Rasoul

There is a certain ceremony called Zar among the realm of superstitious beliefs in Egypt. This belief is firstly widely disputed among the Egyptians themselves being mainly opposed by men and taking the bulk of its adherents from the masses of women, especially the uneducated ones in the country and the artisans' wives in the towns. We can say that it is certainly not nation wide, but more or less a feminine practice.

Briefly summarizing the whole idea, we can say that it is a belief in some spirits who, due to what we cannot say, secretly enter the body of the victim, establish themselves there and cannot be got rid of. The Zar ceremony is performed on those people with the purpose of soothing the spirits and persuading them not to do any harm to the possessed person.

In this paper we shall try to give a short account of the Zar-ceremony and conclude by comparing it with similar practices in the Sudan and Abyssinia.

The Elements of the Zar.

1. The Patient:

The possessed person is in most cases a woman and only rarely a man. This rule is also applicable in the Sudan and Abyssinia. The patients can be classified as follows:

(a) Women who are physically or mentally ill and have no hope to be cured by doctors or psychiatrists. As a last resource they turn to the Zar. Such a woman believes a priori that she is possessed by a spirit cau[illegible] her disease and therefore nothing but the Zar can cure her of it.

(b) Women who give birth to a deformed child or whose babies are stillborn. The Zar-ceremony is performed on them in order to stop the spirits from doing any more harm to her babies.

/80 cont'd/

Nowadays there are some women who perform the Zar-ceremony (1) merely for fun or with the aim to get money or presents from their friends and relations. (2) 755 789

2. The Kūdiya or Shaikha:

In most cases the Kūdiya is a woman, rarely a man. Kūdiya with dark complexions are preferred, because it is believed that the most clever Kūdiya are Sudanese. In our terminology the Kūdiya may be described as the medium between the possessed person and the spirits. By her knowledge and ability, which will be described later, she is able to designate the spirit or /81/ spirits who entered the patient's body. A specially favourable day for the soothing of the spirit is fixed and special offerings made. The amulets (Arabic: Hegab, pl. ahgeba) and the clothes the patient must wear during the ceremony are determined. From the day the Kūdiya is called by the patient until the day of the ceremony she supervises every step taken in this respect. She has connection with the black-and goldsmiths and with the El-'Attar (plant and drug-dealer). 791 756 [787] 791 755 [777] [751] [326] [759]

The Kūdiya herself is supposed to be possessed by all kinds of spirits and she wears all respective amulets. Once every year she performs a big ceremony for all these spirits. It takes place in the month of Ragab and is the closing ceremony of the year. During the following two holy months of Islam Shåban and Ramadan no Zar-ceremony may be performed. Apart from the big annual ceremony, she makes a small Zar approximately twice weekly as treatment for her patients. 791 [787] [751] [796] [755]

The Kūdiya's position is hereditary; if she has no daughter to succeed her, the post will be passed on to one of her assistants. [428]

---

(1) It is mostly uncultured rich women who do this for fun and spend a great deal of money on it.

(2) The social usage obliges a woman even nowadays in Egypt to give presents or money (called: No q tan) to her relatives or friends on the occasion of marriage-, birth-or Zar-ceremonies. They, in turn, are obliged to repay her if she performs any such ceremonies. [431] [585] [846] [787]

/81 cont'd/

3. The Assistants: 791

Attached to the Kūdiya are her assistants. The central figure among them is her daughter. The assistants cannot be invested until every one of them has made a Zar of her own and thereby passed the ordeal. All wear amulets and all are supposed to be possessed by spirits. They assist by forming the accompaning chorus and by dancing during the Zar-ceremony. They also form a special musical band. [787] [533] [535]

4. The musical band (1): 755 787 533 534

There are many different kinds of musical bands which find use in Zar. They can be classified as follows:

(a) the special band of the Kūdiya: It consists of women who use drums and frame drums (duff) and play in the Kūdiya's house once or twice weekly.

(b) Abu-el-Leel: This band consists of men. There is a flute-player (nāy), a drummer on a frame-drum with jingling disks and rings, other drummers and a dancer with long hair who also uses brass clappers or castanets. (2) (Saggat). He is the central figure of the band and the Zar-ceremony. He dances gracefully, turning his head with the rhythm of the music and accentuating his movements by sounding the castanets between his fingers. He directs the women by gestures and glances to dance in a circle and does not allow them to leave it until they are completely exhausted. [535]

(c) El-Tambura: This is the most important band; its members are all Sudanese and consist of the following persons:

(i) The Songok: he is the central figure of the band and plays the tambura (3); it is an instrument like the Grecian lyra [171]

---

(1) For a description of the special musical instruments used in Zar see Curt Sachs; "The History of Musical Instruments" New York 1940, pp. 244-259. The European name is quoted first, the Arabic one given in brackets.

(2) Ibid, p. 103 and p. 455.

(3) In Egypt this instrument is called "Tambura", in Sudan and East Africa "Rababa"; it is actually a lyra. The "Rababa" is another Arabic instrument, see C. Sachs, Ibid, p. 255, 246, 253.

533
534
755
787
[171]
[292]

/81 cont'd/

and was also found in the New Kingdom of Ancient Egypt. It is further known from Abyssinia and Nubia. /82/

(d) the Sutari: a tall slim man, wearing a white "galabiah" and a big leather belt, about 20 cm wide, embroidered with cowrie shells on the upper edge and decorated with about one hundred goat-hooves at the lower edge; in front there are two mirrors. The belt is called "El-Mangur" and fixed tightly around the hips, so that rhythmical twisting produces a distinct rattling sound. (4) This man leads the women in front of him during the dance; he has the same function as the "Abu-el-Leel" dancer. [535]

There are further some women who play the duff and drums and a gourd rattle. (5) This band is specialized on the music of Sultan El-Sudani, the sultan of the red jinn and the Habashi spirits.

All three kinds of band participate in a big Zar. One after the other they play their special tunes and songs. These songs are mostly very primitive. The words refer to the Zar which is performed for the sake of sultan ....., his attention is drawn to the sacrifices and music offered on his behalf and he is entreated to pardon the patient and not to harm her (6) any more.

5. The Sultans or "El-Asyaid" (masters):

753
776

These are Jinns or spirits; they are, however, never called thus, as they are believed to be the kings and owners of land and sea, according to one of my informants. These spirits are harmful to persons they possess until their desires are fulfilled. As will be seen later on, these spirits may be classified into regional groups or families. Usually a certain group of spirits dwell in one body and it is only rarely that it is inhabited by more than one group. It is believed that a possessed individual will have to stay this way for the rest of his life, for the spirits will never leave him. The Zar-ceremony thus does not aim at getting rid of the spirit, but at inducing him not to harm the person's body, heart and brain. [755] [782]

(4) Zenkovsky S., "Zar and Tambura in Omdurman", Sudan Notes and Records, vol. XXXI, part I, June 1950

(5) Curt Sachs, p. 26

(6) Ahmed Saleh, Folklore, Cairo 1955, p. 124

/81 cont'd/

3. The Assistants:

Attached to the Kūdiya are her assistants. The central figure among them is her daughter. The assistants cannot be invested until every one of them has made a Zar of her own and thereby passed the ordeal. All wear amulets and all are supposed to be possessed by spirits. They assist by forming the accompaning chorus and by dancing during the Zar-ceremony. They also form a special musical band.

4. The musical band (1):

There are many different kinds of musical bands which find use in Zar. They can be classified as follows:

(a) the special band of the Kūdiya: It consists of women who use drums and frame drums (duff) and play in the Kūdiya's house once or twice weekly.

(b) Abu-el-Leel: This band consists of men. There is a flute-player (nāy), a drummer on a frame-drum with jingling disks and rings, other drummers and a dancer with long hair who also uses brass clappers or castanets. (2) (Saggat). He is the central figure of the band and the Zar-ceremony. He dances gracefully, turning his head with the rhythm of the music and accentuating his movements by sounding the castanets between his fingers. He directs the women by gestures and glances to dance in a circle and does not allow them to leave it until they are completely exhausted.

(c) El-Tambura: This is the most important band; its members are all Sudanese and consist of the following persons:

(i) The Songok: he is the central figure of the band and plays the tambura (3); it is an instrument like the Grecian lyra

---

(1) For a description of the special musical instruments used in Zar see Curt Sachs; "The History of Musical Instruments" New York 1940, pp. 244-259. The European name is quoted first, the Arabic one given in brackets.

(2) Ibid, p. 103 and p. 455.

(3) In Egypt this instrument is called "Tambura", in Sudan and East Africa "Rababa"; it is actually a lyra. The "Rababa" is another Arabic instrument, see C. Sachs, Ibid, p. 255, 246, 253.

/83 cont'd/

(c) Coptic and Islamic spirits: 776

1. Christian: "El-Nasrani" or "El-Dēr", i.e. the monastery.
2. Moslem: "Si-Yousef" and "Umm-Nagdi"

Strictly speaking they are not really Coptic or Islamic spirits, because religion has nothing to do with it; we can only classify them thus, because of their names and the characters attributed to them.

There are still some Sultans which cannot be classified at the moment. Further investigation may prove that they belong to one of the above groups. These Sultans are "Katu" (8) and "Rinah".

As related before, the possessed person usually consults the Kūdiya who determines the special spirit in possession of the patient and performs a Zar in order to soothe this spirit. The offerings must be made different according to the kind of spirit. They can be summarized in the following three items: 755 782 [791]

(a) Sacrifices of birds, fowls or animals: The Sudanese Sultan requires a black sheep, a black he-goat, or two pigeons of reddish or dark blue colour. The Sultan of the Jinn demands a red cock, a red hen and a red calf. Sultan Rinah must be given a red he-goat and the Gabalawi a red rabbit, a calf or a deer from the mountains. The Arab again desires a camel etc. [825]

(b) Clothes of different kinds of material, shape and colour must be worn during the dance of the Zar-ceremony. In a Zar celebrated for the Sultan of the red Jinn, red silk clothes, red veils and a red head covering must be worn by the possessed person. For the Nasrani spirit a priestly black costume is needed. The Sudanese Sultan Zar necessitates a head-cover knitted with cowries and blue stones, a belt, bracelets worn on the upper arm and on the leg just above the ankles, and a stick all covered with cowries and blue stones. In the Sa'idi Zar a galabiah (men's gown in Egypt) and a stick are needed. For the "Askari" or "Lewa" it is best to employ a military uniform or cap, a stick in lieu of a gun, and green or red ribbons. For the "Arabi" bedouin clothes are needed etc. 755 292 776 [301]

---

(8) In Sudan there is a Sultan called "Kaltum bint Nub" i.e. Kaltum the daughter of Nubia.

/83 cont'd/

(c) Amulets, called Hegab, pl. Ahgeba in Arabic. They are also symbolically called "Sigha" (jewelry), because they are made of silver or gold although /84/ they are amulets. These amulets, must be worn by the patient throughout his life. They are square, oval, rectangular or round "plates", with (9) rattles or stones attached. Some of them have certain words in Arabic or designs engraved. These designs may be human figures, fish, swords, stars or a crescent. They have different names, e.g. heart amulets worn on the heart, head amulets worn on the forehead; the possessed person may also wear rings on the thumbs or bracelets on their arms or legs.

(d) Candles and incense (Bukhur) which are burned during the Zar-ceremony also differ according to the spirit to which they are addressed. (10)

The Zar-ceremony

The possessed person has to take the following steps before starting a Zar-ceremony:

1. The patient must firstly consult the Kūdiya about her ailments.
2. The Kūdiya asks for some object belonging to the patient, usually a handkerchief. This is called "Attar", i.e. "trace". This will be kept by the Kūdiya for several days during which she will study it, get in contact with her spiritual world and thereby determine the particular spirit who took possession of her patient.

---

(9) Similar plates with magical powers releasing from sickness and consecrated to the two gods Khonso and Ptah are known from Ancient Egypt at the time of the New Kingdom. See Erman's book "Egypt", the Arabic translation by Abu Baker and Moharm Kamel, Cairo 1952, p. 292

(10) Bukhur or incense is prepared under the supervision of the Kūdiya. It consists of Mastica, Ouda, Gawli, Murr Hijar, Kafur Tayar i.e. different kinds of aromatic woods etc. Bukhur was used also in Ancient Egypt; the priests used to begin the ceremonies in the temples by burning bukhur. See the Arabic translation of Erman. p. 295

/84 cont'd/

3. Next the Kūdiya will inform the patient whether she needs a Zar-ceremony or not. If the Zar-ceremony is decided on, the Kūdiya will tell the patient which spirit took possession of her and will instruct her about the Zar-ceremony, i.e. the amulets, clothes, sacrifices etc. required by her particular spirit. The preparatory period of about one month is used by the patient with getting ready to fulfill the desires of her spirit. 755 [787]

4. A week before the day fixed for the Zar-ceremony, the Kūdiya will get into contact with her special musical band and have her assistants prepared for the day. The patient is also informed of the day fixed upon. She must know of this day well in advance in order to inform any woman who has made a Zar before and, of course, her relations and friends.

5. On the eve before the Zar-day the Kūdiya goes to the patients house, accompanied by her assistants and the musical band. She prepares the following important items: Incense (Bukhur), "hennah", and "El-kursi" (literal translation: "the chair"), which is like a table placed in the centre of the room in which the ceremony is to take place. A white cloth is spread over it and a tray with dishes and bowls placed on it. They contain all kinds of nuts, dates, sweets, pies, green vegetables, vine, bread, sour milk and flowers. The table is then covered with a mosquito-net, candles are lit on it and left burning until midnight. This Kursi is similar to the table of offerings a cultural element showing a continuity for millenia dating from Ancient /85/ Egypt (11). Hennah is mixed with water and rubbed on the hands or feet where it remains for several hours, then it is washed off, but a reddish tint will remain for about one month. (12) 755 782 [262] [171] [824]

Then the patient is brought in. The opening of the Quoran, i.e. the first Surah, is recited, drums are beaten and the Kūdiya rubs the sick woman's body with hennah. After, any other woman present can do the same to herself. The drums are beaten until midnight. This day is called "Hennah-day".

---

(11) See, Translation by Erman, p. 298/99

(12) Hennah is used as a remedy for some diseases and found also use in Ancient Egypt. [171]

/85 cont'd/

The Kūdiya and her followers stay overnight. About 10.00 A.M. the next morning the possessed woman takes a bird or fowl in her hand, or rides on a goat, sheep or camel, thus establishing physical contact with the animal to be sacrificed, then she walks seven times round the offering table. If she is too ill to do so, the Kūdiya will pass the birds or fowl seven times over the patient's head. During this procedure the drums are beaten, incense burnt, and "Sagharid", i.e. ioyful shouts, uttered by the women. They are produced by putting the tongue between the lips, moving it rapidly and uttering shrill vibrating shouts.

Then the Kūdiya or one of her assistants kills the bird or other sacrificial animal near the table, the animal's blood is carefully collected in a porcelain or ceramic plate, into which the amulets and a round silver piece are placed. The silver piece bears on one side the following inscription: "Due to the permission of the daughter of the king of the earth." On the other side is written: "Oh my masters be content with me!" This silver piece is called "Eia-El-A'qd" or pact, i.e. treaty between the possessed person and the spirit. The patient will then be smeared with blood on the aching parts. The sacrificed animals are cooked, with the exception of their intestines, heart and liver.

In the afternoon the patient is bathed wearing amulets and jewelry. She then enters the hall in a majestic procession while the music plays and sits down beside the offering table. The hall is well prepared; all furniture is cleared away, mats are put on the floor and cushions placed along the wall for the guests. The Kūdiya and the musical band sit near the center wall. In the middle of the room is the offering table. When the patient sits down to it, the Kūdiya uncovers it. Three, five or seven ladies who had performed a Zar before, give the patient three pieces of bread with sour milk and one piece of cooked intestines. The patient eats this while the women will say: " 'Afia we bourhan" (health and proof) (13). The offerings

(13) It means apparently: "You have fulfilled your obligations towards the spirits, let this Zar contribute towards your recovery and be it a proof of your loyalty."

/85 cont'd/ 755
will then be divided between the Kūdiya, the members of the musical 782
band and the guests. After the patient has eaten the bread, the Kūdiya wraps the silver piece with blood on it, a piece of bread, salt, sugar and Bukhur into a white handkerchief and ties it round the patient's right upper arm. It must stay there for a week. This is called "El-'Aqd", which means pact or treaty, as explained above and signifies that the patient has executed her obligations towards the spirits who must, in turn, refrain from harming her.

/86/ In the evening the Kūdiya, members of the musical band and all guests will partake of the meat of the sacrificed animal. The bones are gathered carefully and buried in the earth.

About 9 P.M. the Kūdiya burns bukhur and fumigates the pa- 755
tient's face, armpits, legs and clothes. Any other woman of the assembly can also be fumigated by the Kūdiya for money. While fumigating the Kūdiya recites something, thereby calling the spirit for whose benefit the Zar is performed, and requests the guest to recite the "opening of the Quoran." She will ask the spirits pardon and request them not to harm the patient's body, heart and head. (14)

Then the patient wears special clothes as required by her master 755
(the spirit in possession of her), when she enters the hall the music 786
tunes in slow rhythm, controlled by the beats of drums and big frame 533
drums. Then the dancer of the band begins his task. He dances in 535
front of the patient and by his glances and movements of body and eyes charms her until she stands up and dances too. He never lets her escape from his magical or magnetical control, lets the dance get more and more frenzied and makes her imitate him. In the same way the music becomes faster, the drums louder and the flutes higher until a barbaric primitive ecstasy dominates the gathering. The dancer looks round for victims who fall an easy prey to his power. He is helped in his endeavours by drummers and frame-drummers

(14) For full details of the recitations see "Folklore" in Arabic by A.R. Saleh. Cairo/2nd edition, 1955, p. 120

/86 cont'd/ 755 786 533 535

who beat their instruments over the head of the victim until she loses her last restraint and also joins the hysterical group and eventually falls down totally exhausted. But still the demonic dancer goes round looking for new victims until there is no one left who can still dance. The music fades away and in one quarter of an hour the place is silent again. When a lady is exhausted and about to fall down, she is immediately helped by one of the assistants who hurries to lay her down, presses her head and says: "I swear to you King of the earth to forgive this patient and am ready to fulfill all your demands." The women who had been dancing utter some strange words in the Zar language which will be discussed later. [198]

After a short interval music and dancing will start again with each band playing for about one hour. The women change into the clothes demanded by every individual spirit. This will go on until midnight or 2 or 3 o'clock in the morning.

Six days later the Kūdiya again goes to the patient's house. In the afternoon she prepares a small kursi with sour milk and different kinds of sweets. Candles are lit until bed-time. Bukhur is prepared the next day and the Kūdiya unties the handkerchief. During the following year a goat or sheep must be sacrificed. 755 782

/87/ Conclusions:

1. The word: Etymologically the word Zar seems to be derived from the Arabic "Zara" = or "Ziyara" = a visit. It is probably an Arabic loan-word derived from the ancient Agao religion of the Pagan Kushites of Abyssinia, whose sky-god was called "Zar." This word is also used by the Christian Abyssinians to denote evil spirits. 755 776 [192]

   Dr. Cerulli tells us that in Abyssinia the worship of the gods of the Kushitic tribes was continued by the conquerors who only later in history brought about some changes. These gods became minor deities or nature spirits, while their former place was occupied by the gods of the conquerors; thus it happened that [171]

/87 cont'd/ 755 776 171

the Agao sky-god Zar became a possessive spirit in the belief of the Abyssinians (15).

The word jar is to be found with little variations among the Abyssinians. Jar, among the Bileu, Daro among the Gongo, Yero among the Kafficho; it survived denoting an evil spirit among the Amharic speaking people in Abyssinia, (Zar), as Sar among the Somali tribes and as Jara among the Hadiya. (16)

Contrary to the specialized meanings and precise contents of the word among the different tribes of Abyssinia, we find the word Zar in Egypt, in the Sudan and in Arabia, as a general term designating possessive spirits as well as the ceremonies performed for them. Thus we can conclude that the Zar in the countries just mentioned was originally derived from Abyssinia. When a people takes over a cultural phenomenon from an other, there is a distinct tendency towards generalization. Considering the great appreciation which the beautiful Abyssinian slave-girls found in the whole Middle-East, we can assume that they brought with them both the word and the conception of the "Zar", especially as we know that many women believe in it in Abyssinia, in the Sudan, in Egypt and in Arabia. 755 776 177 [171] [171]

2. The notion: In Abyssinia as well as in the Sudan, in Egypt and in Arabia there is a notion that these spirits possess human beings, mostly women and that they never leave a body they inhabit. The history of this notion is somewhat confused in all countries with the exception of Abyssinia. There are two stories about the origin of the spirits told in Abyssinia: (17) One says that Eve had thirty children and that she hid fifteen of them when God 776 [171]

(15) Cerulli, "Zar", Encyclopaedia of Islam, 1934, p. 1217

(16) Trimingham J.S., Islam in Aethiopia, Oxford 1952, p. 257

(17) Leslau W., An Aethiopian Argot of people possessed by a spirit. Africa vol. XIX, No 3, July 1949, pp. 204/212

/87 cont'd/ 776

once came to visit her. God knew about this and ordered that the hidden fifteen must stay this way all their lives, i.e. invisible. From these invisible 15 originated the realm of the spirits or masters. It is explained by some people that Eve hid half of her children so that God may not accuse her of lust, while others say that she was afraid of the evil eye. The second story says that emperor Kaleb (18) had thirty children and that he divided his land amongst them. He ordered that half of them should rule the country during the day and the other half during the night. From the /88/ latter originated the realm of spirits.

It is believed in Egypt that each person has a brother or sister in the Jinn realm. In Pre-Islamic Arabia there was a belief or proverb saying that each poet has a brother in the jinn-kingdom who inspires him.

The present status of Zar-belief is somewhat confused in Egypt, because every cultural element which is introduced into some other country undergoes a number of changes by additions. 755 171

3. The elements:

a. the patient: mostly women in Egypt, Aethiopia and the Sudan

b. the Kūdiya: usually also a woman in all three countries, in Aethiopia called Balä Zar. Her role as a medium is everywhere the same. Her assistants in these countries are her daughter, or relatives and the musicians. [791]

c. The musical band: The instruments are everywhere the same, drums are dominating, but the bands are different. In the Sudan Zar Borri and Tambura are used and the Tambura has greater significance there than in Egypt. The Tambura instrument is kept in a special room and has a special guard. It is never taken to the patient's house, but the patient performs the ceremony in its house. The Zar Borri is considered [534]

18) Emperor Kaleb reigned from 514-542

/88 cont'd/ 755 171 [534]

to be masculine, the Tambura feminine (19). Scant knowledge of the bands in Abyssinia forbids further discussion.

d. The sultans: As we have seen there are various groups of sultans in Egypt. In Abyssinia it is believed that living beings are haunted by former Gods degraded to a minor status. In the Sudan it is nearly the same as in Egypt with regard to local spirits, i.e. "Timsah" (crocodile) Turia, Nas-El-Gebal (Turia the people of the mountains) (20). [776]

4. The ceremony: The method of determining the special spirits is different in Egypt and the Sudan. In Abyssinia and the Sudan the Kūdiya orders the musical band to play a special tune for every spirit and the patient sits quietly until she suddenly stands up and begins to dance. This is taken as a sign that the tune of the spirit has inspired and compelled her to dance. The ceremony itself is quite the same as in Egypt, including the demands of the spirits. In Abyssinia blood of the sacrificed animal is drunk. In the Sudan sweets and the bones of the animal are thrown into the river.

5. The Zar-language: There is a special Zar-language to which some Arabic words are added. It seems likely that the Zar-language is a combination of Amharic, Galla and Old-Aethiopian, the dominating language is, however, Amharic. (21) [198] [197]

The Zar, as we can see now, is either a very old practice and belief in the whole area of North-East Africa, or it might have come from Abyssinia. Basically it is formed on the fear of the unintelligible world /89/ and psychological phenomena; it satisfies the unseen powers by offerings. The violent and barbaric dance betrays a very strong African influence, especially the dominance of the 755 781 177 [191]

(19) Zenkovsky, S. Zar and Tambura in Omdurman. Sudan Notes and Records, vol. 31, part I, June 1950, p. 73

(20) Ibid, p. 70, and Trimingham J.S., Islam in the Sudan, Oxford 1949, p. 175

(21) Leslau, W. Ibid, p. 210

/89 cont'd/ 755 781 177

drums and the cries uttered can be applied also in describing a war, or another Central-African dance.

The Kūdiya is a real medicine man who is an incarnation of the spirits. The sacrifices, the smearing of the body with blood, the collecting of the bones of the sacrificed animal, the burying it in the soil or throwing it in the river etc... are all elements of the art practiced by any African tribe. In other words, this article could have been called: "An African Element in Egypt." 756 782 791 177

The twofold and complicated Zar-conception of Egypt is due to the Egyptian cultural type. Every belief of supernatural nature was combined in the Zar, even Islamic saints were added to the list of spirits and some Quoranic words are recited. 755 177

An important factor which is responsible for the survival of such an interesting practice is that it offers an opportunity for women gathering and dancing, for buying clothes and jewelry, and satisfying some sexual urge. 755 182 562

Zusammenfassung.

440

Im heutigen Aegypten sowie in Abessinien und im Sudan spielt der Glaube an böse Geister eine bedeutende Rolle, namentlich unter den Frauen niedereren Standes. Die Geister gehen in die Körper ihrer Opfer ein und nehmen sie in Besitz. Nur durch die komplizierte Zar-Zeremonie können sie besänftigt werden. Die im Zar mitwirkenden Personen und ihre Funktionen werden eingehend geschildert: die Zentralgestalt Kudiya (meist eine Frau, nur selten ein Mann), einige Assistenten und Musiker und schliesslich die Geister selbst. Die Untersuchung enthält auch eine Reihe von Hinweisen auf Altägypten.